



# FROM BUNS TO GUNS?

AFTER STEALING THE SPOTLIGHT AT HER SISTER'S WEDDING, ROYAL IN-LAW PIPPA MIDDLETON LANDS IN A PARIS PAPARAZZO SCANDAL

PAGE 12



LONDON

# metro

®

Tuesday, April 17, 2012



News worth sharing.

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## YES, IT'S ART

Rudy Kotar, 53, of London, stops on Dundas Street Monday morning to take a picture of the word "London" painted on the block between Clarence and Wellington streets. The work is part of a project called ArtAttack, a multifaceted effort tied to construction work on Dundas.

For the full story, turn to page 2. ANGELA MULLINS/METRO

## Applause, please

### Free expression.

Staff proposal to curb council behaviour gets cool reception



ANGELA MULLINS

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Hold your applause. Or, in this case, don't.

A committee of city councillors didn't bite Monday on a staff proposal to outlaw signs, banners, food, drinks and even clapping during public meetings.

Instead, the finance and administrative services committee supported a scaled-down code of conduct put forward by Coun. Nancy Branscombe. City bylaws should simply require that "decorum" be maintained and spell out penalties for failure to comply, Branscombe said.

The staff proposal, she said, is "a bit over the top." People express their opinions in various ways, and Branscombe said all styles should be welcome. "This is public engagement ... (and that) helps us make wise decisions."

About 15 people addressed

### Other council news

- The finance committee voted to amend a \$20-million grant for Fanshawe College's downtown arts campus. The new agreement would kill a requirement that \$10 million of the money be spent on buying and renovating heritage buildings.

the nine-point list of things that could lead to expulsion from council chambers. One person said adopting the policy would be an open invitation for constitutional challenges.

The city clerk's office pitched the idea after a few raucous meetings in recent months, including a budget session during which a clergy member lay down on the floor to protest affordable-housing cuts.

"I am begging you to turn away from this," city resident Vicki Van Linden told committee members, drawing applause from the gallery. "Sometimes people clap, sometimes people get excited because we are passionate people, too."

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## 1

## NEWS

## On the web

Tupac  
act rings  
holo

While a hologram Tupac hit the stage with Dr. Dre and Snoop Dogg at Coachella, fans, haters and even the hologram rapper himself hit Twitter and YouTube. Watch the performance and see the reaction at metronews.ca.

Off their  
meds

Taking the birth control pill to cure acne rather than prevent pregnancy? 'Off label' prescribing as it's called might be more common than doctors once thought. See metronews.ca for the story.

## Mobile news



Iran calls it the "soft war" with the West: Battles to control, defend and monitor the Internet and other high-level telecommunications. The latest move to keep Iranians locked in a cyber fortress came quietly. Scan the code for the story.

# An ArtAttack before a clean shave downtown

## Dundas Street.

Artists, business association team up for 'urban expression'



ANGELA MULLINS

angela.mullins@metronews.ca

Downtown London is trying to turn lemons into lemonade.

With a Dundas Street repaving project set to rumble through the core next week, the business association enlisted the help of about 10 artists to give the road a makeover late Sunday and

### Construction highlights

- Curb and sidewalk replacements
- Grinding, shaving and paving road from Thames River to Wellington
- Buses detoured to King and Queens
- Richmond will remain open
- Clarence and Talbot intersections will be closed — disruption to sidewalks will be minimal

Source: Downtown London

create a buzz.

Dubbed "ArtAttack," Ryan Mahy, owner of ArtFusion, and artists painted the phrase "Experience Downtown London" between Talbot and Wellington streets overnight. Surrounding let-

ters in the phrase are smaller messages, like "Downtown is Open for Business."

"We just wanted something that would bring a lot of attention to where the work is being done," said Janette MacDonald, Down-

town London's executive director. "We need people to know where (the construction) starts, where it ends and that businesses are open."

As the Monday-morning commute started, MacDonald's desired "buzz effect" seemed to be catching on. People waiting for buses stared intently at the messages. Others cycled or skateboarded along the street taking pictures, and there was social media chatter as well.

MacDonald hopes the enthusiasm will continue — and draw more pedestrians to businesses — while Dundas Street is closed to cars through late May. Instead of

taking a negative approach to construction equipment rolling past, MacDonald wants businesses to offer special "shave and pave" deals and, in general, have a little fun.

"This kind of thing can be very debilitating to businesses," she said. The goal is to kind of "spill onto the street and do a few (interesting) things."

### On the web

To watch a timelapse video of ArtAttack, visit metronews.ca/london.



Here's an aerial view of Dundas Street, where artists painted "Experience Downtown London" between Talbot, left, and Wellington streets. ArtAttack created a buzz in the city over social media, as well as attracting onlookers. AERIAL PHOTOGRAPHY/FOR METRO

## Ontario budget. Still no deal with NDP as Libs set crucial vote for April 24

The fate of Ontario's Liberal government will hang in the balance next Tuesday when the legislature holds a high-stakes budget vote.

It's the first opportunity for the opposition parties to bring down the minority Liberals, sending voters to the polls for a second time since last fall's Oct. 6 election.

The Liberals need at least two opposition votes to survive and have yet to strike a deal with the NDP. But they can't put it off any longer, as the rules of the legislature require that a vote on the



Dalton McGuinty THE CANADIAN PRESS FILE

budget motion be held no later than April 24.

The Progressive Conservatives have already vowed to vote against the budget.

THE CANADIAN PRESS

### Correction

Brian Nelles is the owner of Brittown music. Incorrect information appeared in a pullquote on page 7 in Monday's Urban Compass column, titled 'Knockin' on Stardom's Door.' METRO

### Motorcycle accident

## Fourth traffic death in 20 days

London police continue to investigate the city's seventh traffic fatality of the year. Jonathan Sullivan, 22, was driving his motorcycle on Southdale Road Friday when he was struck by a vehicle turning on to White Oak Road. METRO

## Project LEARN. Number of charges cut in half

It's been a month since the riot on Fleming Drive and it appears residents and students in the area have gotten the message from police: Tone it down.

The first week of the spring edition of Project LEARN shows the number of Criminal Code charges and provincial offences are both down this year compared to last year. Fourteen charges were issued during the first week of the spring edition last year compared to eight this year. Provincial offences dropped from 180 to 168.

Traditionally, the spring is less rowdy compared to the fall. Project LEARN started last Thursday and will see of-

### Increased police presence

"I'm pleased that the numbers were lower, but ... we do have an increased presence in light of what's been happening over the last little while."

Const. Dennis Rivest

ficers stepping up their patrols around campuses, as well as popular student housing areas and Richmond Row down on unlawful partying and underage drinking.

LEARN runs until April 28. AM980/AM980.CA

## Disappearance. Police seek public's help in locating missing woman

The London Police Service is continuing its investigation into the disappearance of 24-year-old Vanessa Fotheringham.

Police, family and friends are concerned for Fotheringham's welfare and are appealing to the public for their continued assistance in locating her. Fotheringham is described as white with long brown hair and brown eyes. She is about five-foot-three and 110 pounds. She was last seen Feb. 16 in the Oxford Street East and Quebec Street area.

Police say she may have been in a grey 2002 Saturn Vue with black steel rims and no hubcaps. Police believe the vehicle was driven on Dundas Street East as well as the area around Wharncliffe Road North



Vanessa Fotheringham  
CONTRIBUTED

and Oxford Street West on the evening of Feb. 16, or in the early morning hours of Feb. 17.

Anybody with information is asked to call London police at 519-660-5670 or London Crime Stoppers at 1-800-222-TIPS or visit londoncrimestoppers.com.

METRO

### Outdoor recreation

#### Conservation areas open Friday

Fanshawe (London), Wildwood (St. Mary's) and Pittock (Woodstock) conservation areas open Friday at 8 a.m.

The conservation areas feature camping, boating, biking, hiking, swimming, fishing and picnicking. An annual pass gives access to all three conservation areas. METRO

### Driver of car killed

#### Fatal crash on 401 in Chatham-Kent

There was a fatal collision involving a tractor-trailer Monday morning on the 401 in Chatham-Kent. The crash happened just after 7 in the eastbound lanes between Highway 40 and Kent Bridge Road. Police say a westbound tractor-trailer crossed the median and crashed into an east-bound car. AM980/AM980.CA

## Death. Police seek bar patrons in assault probe

London police wish to speak to patrons of Up on Carling bar at approximately 2:30 a.m. Saturday morning. They are also interested in talking to anyone who may have witnessed an assault at the corner of Richmond and Carling streets at 2:45 a.m.

Both calls to the public are part of the continuing investigation into the death of Daniel Brand, 40. Chad Hallett, 26, has

been charged with manslaughter and assault in the death of Brand, who died in hospital.

Anyone with information about this incident is asked to call the London Police Service at 519-661-5670 or Crime Stoppers at 1-800-222-TIPS (8477). Information can also be sent in online anonymously to londoncrimestoppers.com.

METRO

# Police plan to weed out pot users on 4/20

**Annual tradition.** It may be a day of celebration for the pot community, but officials stress that strict law enforcement will be in effect



JOHN MATISZ  
john.matisz@metronews.ca

Last week was Friday the 13th, this week is 4/20.

Though the two culturally driven celebrations are largely unrelated, there's a ritualistic aspect embedded in each. The first is synonymous with assemblies of motorcyclists, the second with celebrations of marijuana.

Unlike Friday the 13th, however, 4/20 can happen just once a year.

"In a way, it's the weed community's St. Patrick's Day," said Jim Powers, an employee at Hi-Times head shop. "Not in a rowdy sense at all; it's more about getting together to celebrate."

While April 20 may represent a 24-hour festivity to some, London police are advising the public that laws should not be excused on holidays, real or perceived.

### Analysis

#### Getting to the roots of 4/20

Despite being universally known as the annual Marijuana Appreciation Day, reasoning behind using the date and time of "4/20" and "4:20" appears to have ties to more than one place of origin.



Robbie Cirasella, left, a 20-year-old Western University student from Toronto, and Jim Powers, 24, of London — both Hi-Times (360 Richmond St.) employees — dust off some bongs Monday afternoon in preparation for the store's upcoming 4/20 rush. JOHN MATISZ/METRO

"Often times we've found people think it's a free day for them to be able to smoke marijuana. We're saying, 'No, it's

not,'" Const. Dennis Rivest said.

In a press release sent out Monday morning, police reiterated that the possession of marijuana, in any amount, is a criminal offence.

An "adequate number of resources," as Rivest put it, will be used in order to control 4/20 activities taking place in the Forest City.

Victoria Park is a likely gathering spot for marijuana enthusiasts come Friday, as groups have commenced in the centralized outdoor space in the past in preparation for a collective 4:20 p.m. celebration.

Police arrested three people inside the park last year on April 20.

Robbie Cirasella, 20, another employee at Hi-Times,

### Laying down the law

"Often times, we've found people think it's a free day for them to be able to smoke marijuana. We're saying, 'No, it's not.'"

Const. Dennis Rivest

which has been a fixture in the city's downtown core for 23 years, believes the celebration is rather harmless.

"It's one of those things — lots of holidays are like this — where it's just one day to enjoy ourselves as pot smokers," Cirasella, a Western student from Toronto, said.

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# First officer napping, 16 injured in dive

**Air Canada.** Fearing a crash, groggy first officer co-pilot forces a dive. Had just awakened from an in-flight "controlled rest period": Report

A groggy Air Canada co-pilot who mistakenly believed his jet was about to smash into another plane forced a sudden dive that caused 16 injuries among passengers and crew.

The incident happened on a transatlantic flight last year, said a report released Monday.

The Transportation Safety Board report notes that those hurt aboard the Boeing 767 had failed to comply with lit seatbelt signs.

"This occurrence underscores the challenge of managing fatigue on the flight deck," said Jon Lee, the investigator in charge.

"It also shows that in-flight passenger injuries can be prevented by wearing seat belts at all times while seated."

The terrifying 46 seconds in which the plane dived 120 metres then lurched 240 metres back upward occurred in January 2011 aboard an overnight Air

Canada flight to Zurich from Toronto.

The first officer was napping during a controlled rest period aimed at combating pilot fatigue when he was awakened by the captain's report of their flight position.

At the same time, a U.S. air force Boeing C-17 was

coming from the opposite direction about 300 metres below them.

To avoid what he thought was an imminent collision, the first officer overrode the auto-pilot by forcefully pressing on the control column, pushing the jet into a dive.

THE CANADIAN PRESS

## RCMP. 100 Mounties to investigate internal sexual harassment

British Columbia's top RCMP officer says he's talked to hundreds of women who work for the force in British Columbia and they've told him the work environment has to change.

So he's appointing 100 Mounties to investigate sexual harassment complaints in an effort to improve a culture condemned by some as intolerably sexist.

The investigators will form the crux of a broader plan being hammered out under the direction of RCMP Deputy Commissioner Craig Callens in response to the internal workplace assessment he initiated earlier this year after several high-profile accusations were made public.

Cpl. Catherine Galliford, a former media relations officer, was the first to speak out about enduring sexual harassment and abuse from senior officers and she touched off a series of suits including a class-action that could involve more than 100 women.

Callens said the allegations became public only weeks after he took com-

### Top cop plans action

Deputy Commissioner Craig Callens convened focus groups that involved about 400 female RCMP members across B.C. over two months aimed at uncovering the extent of gender-based harassment.

- Lawyer David Klein filed a suit in late March and said he expects more than 100 current and former female members will join. The suit is on behalf of Janet Merlo, a 19-year officer from Nanaimo, B.C.
- Merlo alleges she endured sexist comments, pranks and derogatory remarks, and was yelled at when she revealed her pregnancy.

mand in British Columbia and he set about finding out what was going on.

"I acknowledge ... that we have some issues that we need to deal with.... I'm committed to ensuring that we take the type of action that our employees deserve."

THE CANADIAN PRESS



## Harper warmly received in Chile

Prime Minister Stephen Harper and Chilean President Sebastian Pinera exchange signed documents during a ceremony at the presidential palace in Santiago, Chile on Monday. The PM is hoping to use one of Canada's deepest friendships in Latin America to help secure entry into an attractive Pacific free-trade zone. The Trans-Pacific Partnership was one of the key items on the agenda as Harper met President Pinera. ADRIAN WYLD/THE CANADIAN PRESS

### McSalt

## Salt can be lowered, despite fast food industry claims

A researcher is questioning the fast food industry's efforts to lower the salt content of its menu items, particularly in Canada and the United States.

They say the restaurants often cite technical food processing challenges as a reason they're unable to reduce salt.

But a new study published in the Canadian Medical Association Journal is challenging that assumption.

Researchers compared the same menu items from major chains around the world and found salt levels in Canada and the U.S. were consistently higher than those in other countries.

McDonald's Chicken McNuggets in Canada, contain two and a half times the amount of sodium of their U.K. counterparts.

Researchers argue it's possible to reduce salt and doing so would result in public health benefits.

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# Norway's accused killer on trial

**Strange start.** Man accused of killing 77 people displays unexpected emotions on Day 1 in court

Anders Behring Breivik shed tears as he went on trial Monday for killing 77 people — but not for his victims.

The emotional display came when prosecutors showed his anti-Muslim video.

Dressed in a dark suit and sporting a thin beard, the right-wing fanatic defended the July 22 massacre as an act of “self-defence” in his professed civil war, and sat stone-faced as prosecutors described how he killed each of his victims.

But he was gripped by emotion when they showed a video warning of a Muslim takeover of Europe and laden with crusader imagery that he posted on YouTube before the attacks.

“Nobody believes that he cried out of pity for the victims,” said Mette Yvonne Larsen, a lawyer representing survivors and victim’s families in the court proceedings.

Breivik showed no signs of remorse on the first day of a trial that is expected to last 10 weeks. Eight people were

## Mental state

The key issue to be resolved during the trial is Breivik’s mental state, which will decide whether he is sent to prison or into psychiatric care.

- **Anxious to prove he is not insane,** Breivik will call right-wing extremists and radical Islamists to testify during the trial, to show that others also share his view of clashing civilizations.
- **One mental examination found him legally insane,** while another said he wasn’t sick enough to be committed to psychiatric care instead of prison.

killed in Breivik’s bombing of Oslo’s government district and 69 were slain in his shooting massacre at the left-leaning Labor Party’s youth camp on Utøya island outside the capital.

Breivik has said the attacks were necessary to protect Norway from take over by Muslims and that he deliberately targeted the governing Labor Party, which he claims has betrayed Norway with liberal immigration policies.

THE ASSOCIATED PRESS



Norwegian Anders Behring Breivik, who is facing terrorism and premeditated murder charges, reacts as a video presented by the prosecution is shown in court, in Oslo, Norway. Breivik, who confessed to killing 77 people in a bomb-and-shooting massacre, went on trial in Norway’s capital Monday, defiantly rejecting the authority of the court. HEIKO JUNGKE/THE ASSOCIATED PRESS

## Love story emerges from Norwegian massacre



Sofie Tømmerås Lyshagen, left, and Hakon Knudsen. CONTRIBUTED

PETER LINDHOLM  
Metro World News in Sweden

On Monday, the trial of Anders Behring Breivik, who admitted to carrying out bomb and gun attacks in Norway last July that left 77 people dead, got underway in Oslo.

While the massacre has spawned mourning and outrage, a tale of love has also emerged. Sofie Tømmerås Lyshagen, 19, and 20-year-old Hakon Knudsen found each other when they swam for their lives to escape from Breivik at

the Norwegian island Utøya last July.

Tømmerås Lyshagen was in the main building on the island when the far-right extremist Breivik, dressed as a policeman, began to execute his victims at a Labor Party youth camp.

Tømmerås Lyshagen was forced to jump over several dead friends to reach the water to find a hiding place.

Metro Sweden spoke with Lyshagen, to hear her story.

**You lost several close friends at the island.**

Yes, I lost Lejla (Selaci), who

was my best friend, and Sondre (Kjøren), my former boyfriend. And twenty other friends.

**How do you recover after such an event?**

I can’t answer that. I take one day at a time and for each day it gets a little better. You feel a little better and have some good days.

**Where did you meet your boyfriend Hakon?**

After Breivik had tried to shoot me I lay in the water when Hakon came swimming. He had been hiding in the woods.

We exchanged a few words with each other and were both quite hysterical.

**Was it really love of the first sight?**

I usually say it was love at first dip, but it was really afterwards, when we were safe on land, that the romance began. We felt that the chemistry was good, that we understood and could help each other.

**Why have you chosen to go public with your love?**

It was the media who started to write about us, but we felt

that we wanted to give a different picture of Utøya. There has been so much negative about the island; it has become so black and dangerous.

Otherwise, it is the best place on Earth; it has shaped my heart, my political beliefs and has given me lifelong friends. We also want to tell you that this has not broken us.

**How has this tragic event changed you?**

The politics has a stronger meaning. We will not give up just because of one maniac.

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Development

## New World Bank president chosen

American Jim Yong Kim, the president of Dartmouth College, has been chosen to be the next president of the World Bank. His selection extends the U.S. hold on the top job at the 187-nation development agency.

THE ASSOCIATED PRESS

Mining

## Workers protest Rio Tinto's Olympics involvement

Officials of the union representing locked out Rio Tinto Alcan workers in Quebec were in London on Monday to denounce the mining giant's participation in the upcoming Olympic Games.

Rio Tinto supplied metal for the 4,700 medals that will be handed out to the gold, silver and bronze medal finishers at the Summer Olympics and the Paralympics.

In a video posted online, the group said that "injustice and pollution tarnish the Olympic medals." It held a news conference Monday demanding the Games disassociate themselves from the company.

THE CANADIAN PRESS



London 2012 Olympic medals

GETTY IMAGES

Economy

## U.S. retail sales up in March

Americans bought more electronics, started home improvement projects and updated their wardrobes last month, inspired by warmer weather and a healthier job market.

Retail sales rose 0.8 per cent in March, the Commerce

Department said Monday. The gain capped a strong quarter for retail spending, which is contributing to a brighter outlook among economists for growth in the January-March quarter.

More retail spending also helped offset a decline in confidence among home builders. And it could ease concerns about March hiring, which slowed to half the pace of the previous three months.

THE ASSOCIATED PRESS

# CAW seeks auto-sector protection

**Trade.** Policy-makers need to resolve 'dramatic' imbalance in Canada's international automotive dealings, CAW report says

The Canadian Auto Workers union is calling for an end to free trade negotiations with automaking countries in Europe and Asia unless they first open their markets to Canadian-made vehicles.

The CAW, which has failed to convince successive Conservative and Liberal federal governments to curtail auto imports from countries the union considers to be closed to North American imports, said free-trade agreements with the

Policy

"Canada is one of the only auto-producing jurisdictions in the world that doesn't have a formal national auto policy. This is a huge weakness."

CAW national president Ken Lewenza

European Union, Japan, South Korea and Thailand won't help.

"There is no conceivable scenario under which Canadian automotive exports to these countries would be significantly enhanced under a free trade agreement," the union said in a 50-page report released Monday.

THE CANADIAN PRESS



## The tower that Trumps them all

Donald Trump, and his children, Ivanka and Eric, leave the Trump International Hotel and Tower in Toronto after a ribbon-cutting ceremony on Monday. "The Donald" flew into Toronto on Monday to officially open the new tower, which is Canada's tallest residential building at 65 storeys.

VINCE TALOTTA/TORSTAR NEWS SERVICE

Market Minute



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**TSX**  
12,037.59 (-2.8)



**OIL**  
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**GOLD**  
\$1,649.70 US (+\$10.50)

**Natural gas:** \$2.016 (+3.5¢)  
**Dow Jones:** 12,921.41 (+71.82)

## Labour. Air Canada facing consumer frustration

Air Canada must purge its toxic culture and attitude if it hopes to win back consumers frustrated with an airline increasingly known for labour strife and shaky service, industry observers are warning.

While the effects of the latest labour dispute faded over the weekend, some ex-

perts predict that persistent tensions within the ranks of Canada's largest airline have eroded the carrier's image beyond what slick ads and promotions can fix.

Experts believe that years of operating in a near-monopoly may have made the airline complacent. **THE CANADIAN PRESS**

## Housing. Vancouver weighs on market as home prices fall

The high-end housing markets of Toronto and Vancouver headed in opposite directions last month as the average price of a Canadian home fell, according to the Canadian Real Estate Association.

"You've got a tug-of-war," Gregory Klump, CREA's chief economist, said Monday, with

fewer sales over \$1 million in Vancouver in March weighing on the national average, while high-end sales in Toronto picked up the pace.

Sales in Vancouver have "since fallen back to earth and as a result you've got a year-over-year decline in average prices," he said. **THE CANADIAN PRESS**

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# FIFTY SHADES OF GREY AS DULL AS A RAZOR BLADE COMMERCIAL



**SHE SAYS...**  
Jessica Napier  
metronews.ca/shesays

This isn't really a book review; think of it as a public service announcement for curious bookworms. I want to warn you to stay away from that new romance novel you've been hear-

ing enthusiastic whispers about. I am, of course, referring to *Fifty Shades of Grey* by E. L. James, the first in a trilogy of erotic page-turners.

I really wanted to like it. I think it's wonderful when people put down their smartphones long enough to get excited about books, even if those books are dubbed "Mommy Porn." Sadly, despite what the New York Times hype machine has to say, *Fifty Shades of Grey* is JUST. SO. BAD. Not guilty pleasure bad, but "I'd like my \$20 back" bad.

Perhaps I didn't give it a proper chance; after all, covertly

## So you want to read erotic fiction?

...with so many completely unbelievable character traits, this girl-next-door turned submissive-sex partner was far too hard to believe, even for fiction.

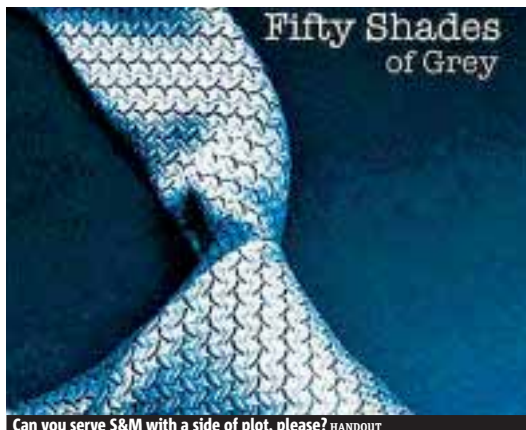
For those who have read the book, it should come as no surprise that it originated from a piece of *Twilight* fan fiction. It certainly reads that way. If you haven't read it, well I'd say "Spoiler Alert" but frankly there is hardly an actual story to spoil. I don't know about you, but I like a side of plot with my S&M interludes.

I assume it is common practice to give romance heroines completely ridiculous names, so I'll forgive Anastasia Steele for her eye-roll-worthy moniker. But with so many completely unbelievable character traits, this girl-next-door turned submissive sex partner was far too hard to believe, even for fiction.

Anastasia is of course astonishingly attractive and adored by all of the men around her while being entirely insecure. As a 24-year-old college graduate she has somehow never been drunk or owned a computer. She begins the novel as a virgin and her first time is obviously phenomenal because that's totally realistic. Finally, and this is maybe what bothered me the most, she is never hungry despite the numerous cardio-heavy sex scenes.

The distractingly bad writing and Anastasia's constant references to her 'Inner Goddess' made most of the supposedly steamy encounters as arousing as a television commercial for Venus razors.

Needless to say, suffering through 500 pages of this heroine's inner dialogue was torturous, and not in the intended, sexy kind of way.



Can you serve S&M with a side of plot, please? HANDOUT

# Look guys, no hands



JONATHAN SCOTT

## Dry den

### Umbrella that frees your hands

For the man who has everything ... it's a hands-free bro! The Nubrella, the "world's only patented hands-free and wind resistant umbrella," is set to become a sales hit, especially among avid cyclists undeterred by inclement weather conditions.

Other popular usages of Nubrella, its creator says, include "pushing a wheel-chair, standing in long lines and outdoor workers who can't hold an umbrella."

METRO

## 60 seconds



Alan Kaufman

### 'By accident'

Alan Kaufman, inventor of the Nubrella, explains to Metro the ins and outs of his creation.

How did you come up with this unusual umbrella?

I came up with the idea when living in New York City when I recognized the problem of umbrellas and wind. We thought of a product that's both aerodynamic and capable of withstanding strong winds. The hands-free came by accident during the design, yet has turned out to be the game-changer.

Has this been certified as road-worthy for cyclists?

There is no obligation from any government agency as we make no claims of safety. People can choose to use it where they want.

ANTHONY JOHNSTON

## Speed dome

### 80 km/h

is the maximum speed of winds the Nubrella is tested to resist. Weighing more than one kilogram, this bubble-shaped rain-repelling contraption works by strapping on a shoulder support and extending a canopy around the head. One Nubrella will set you back \$60.



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

## Live-tweeting a marriage proposal — good idea or bad idea?

71%  
BAD IDEA, IT SHOULD BE A PRIVATE MOMENT

29%  
GOOD IDEA, IT'S THE MODERN-DAY VERSION OF SHOUTING YOUR LOVE

## Twitter

### @sweetstellas:

Much to do today!! Stamp 60 boxes for #carolinianwinery, sculpt a new flower, meet Mel and Rob...but first, a 9km walk!!

### @tonyayala:

92 days until my Birthday. Mark it down people. July 17th

### @chandra1014:

good luck to everyone from #LD-Nont running #bostonmarathon today - hot day for it, stay safe & run strong!

### @DavidWinterPW:

#LDNONT Today will be better and Tomorrow will be brighter but do not worry we are on way for recovery you can not keep us down for ever

### @alyshevallance:

Just saw people making out in the alumni lounge #fanshawe

### @khard23:

I think I love campus even more at 4am with no one around #WesternU

# Fan-made TV merchandise

When you become a diehard fan of a TV show, you want to find out everything about the program. It takes a truly obsessed fan to want to buy everything related to it. Enter Etsy, the handcrafted and vintage item website that sells any quirky art project that might tickle your fancy. Among the arsenal of items includes some interesting pieces that only a true fan could create.

Are you curious to see what we mean? Check out the items below:

METRO WORLD NEWS  
scene@metronews.ca



## Top Gear Stig cufflinks

You can't own the cars featured on Top Gear. Heck, you can't even drive them. But, you can rock Stig on your sleeves as you cruise down the street.



## Big Bang Theory bracelet

Keep your fellow nerds on hand (on your wrist) by wearing this charm bracelet, featuring the main characters of the show.



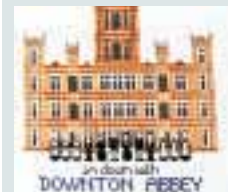
## True Blood necklace

You won't be able to end the debate between Sookie's two vampire lovers. If only the necklace said the opposite on the other side, just in case you were feeling Bill was more suited for the Bon Temps beauty that day.



## Heisenberg Blue Glass Rock Candy

Want a taste of the blue that Walter White from Breaking Bad cooks up? Try this blue glass rock candy. Warning: It may be addictive.



## Downton Abbey cross stitch pattern

Nothing proclaims you're down with Downton Abbey like this pattern featuring the cast of the show. Stitch away as you unravel the complexities of North Riding of Yorkshire.



## Glee magnets

Decorate your locker with these Glee magnets, and you'll be the coolest glee in the school. Too old for a locker? Put these on your refrigerator and reminisce about your days in the glee club.



## Doctor Who TARDIS-inspired men's tie

The doctor is in... your wardrobe! With this fashionable tie, you'll do the Time Lord proud.



## The Stallion Who Mounts the World onesie

While Daenerys from Game of Thrones couldn't have her little stallion, you can show off yours with this cute outfit that will make your Dothraki warrior prince or princess all the rage.



## Mad Men party on a stick

For your next Mad Men themed viewing party, wear these handy costume props and go incognito as one of those background characters that helps Sterling Draper Cooper Prince run as smooth as that glass of whiskey.



## South Park hats

Grab three friends (or two friends, that silent kid and that frenemy) and wear these crocheted creations throughout the year, day in and day out.

# 2

SCENE

Scene in brief

## Court upholds Stamos' blackmailers' convictions

A federal appeals court has upheld the convictions of a man and woman from Michigan's Upper Peninsula who were accused of trying to blackmail actor John Stamos. A three-judge panel in Cincinnati rejected challenges to the indictment Monday as well as claims that Allison Coss and Scott Sippola should have received a break at sentencing for accepting responsibility. They were sentenced to four years in prison in 2010 after a jury convicted them of conspiracy and using email to threaten a person's reputation.

THE ASSOCIATED PRESS

On the web



Jack White to live stream New York concert with Gary Oldman directing



Each week, six kids from across Ontario have three days to rebuild their local playgrounds.

## Giver

World Broadcast Premiere  
Tonight at 6:30 pm on TVO

Tonight, Hamilton takes the challenge.



tvokids.com

# Girls gone mild: Show keeps it real

**Normal in New York.** HBO series focuses on a Bradshaw character sans the Blahniks

**TINA CHADHA**  
Metro World News in New York

"Girls is a show that couldn't exist without Sex and the City (SATC) and is about girls who grew up watching SATC, but is not directly linked to SATC," Lena Dunham says about the highly anticipated new HBO series she created, wrote, directs and stars in.

Unlike the fab, Manolo-filled lives of Carrie and co., Girls is about four 20-somethings fumbling through life in Brooklyn.

Wannabe writer Hannah, played by Dunham, and her besties glamorize a different New York, one where blog writers are subsidized by mom and dad and affairs take place on couches in Prospect Heights rather than at the Ritz.

"SATC characters are always going to be [an] archetype for women in New York, but we are covering a different age range," Dunham explains. "This show just has a different energy."

## Treats in the tub?

Of all the conversation-sparking scenes in the Girls premiere episode, one in particular sticks out. We had to know: Why does Hannah eat a cupcake in the bathtub?

- "It makes so much sense to me," Dunham laughs.

## As a matter of fact

**"My character doesn't look like a model, and my character has sex — those are two facts of the show and facts of many young women's lives."**

Lena Dunham, creator, director, writer and star of Girls

Dunham's New York is populated by entitled youth who have awkward sex, both subjects she also explored in her 2010 breakthrough movie Tiny Furniture, which won the Narrative Feature Film Award at SXSW and charmed HBO executives. The film was based on her post-college experience lingering around her parents' Tribeca loft while trying to find herself, a similar sentiment shared by Hannah — but one not all viewers may be sympathetic about.

"Some of these issues might seem 'hashtag: white girl problems,' but I also think that some of that is real," Dunham insists. "Hannah is self-aware about some of it and not about some of it, much the way people are in real life. We're saying it's



Lena Dunham as Hannah in Girls. HANDOUT

OK to laugh at her. It's OK to criticize her."

Even if Hannah's family life isn't entirely relatable, the candor with which the show examines relationships will be. Sex scenes are graphic and cringe-worthy; in one shot, Dunham is naked and on her knees. Throughout the series, she doesn't shy away from opportunities to brazenly bare her larger-than-size-2 body.

"Because historically the women who do sex scenes look a certain way, there is something inherently political about putting a body that doesn't look that way onto the screen," she explains.

"That was sort of the impetus starting out. My character doesn't look like a model, and my character has sex — those are two facts of the show and facts of many young women's lives."

## Delivering the goods. Fairly Legal star on a new season, co-star and calling

**MEREDITH ENGEL**  
Metro World News in New York

If this whole acting thing doesn't work out for Sarah Shahi, the star of Fairly Legal, she's got a backup plan ready to go.

"A couple years ago, I helped give birth to my manager's baby," says the actress, who herself opted for a water birth when it came time to deliver her own son.

"To be able to see the miracle of life that up close and personal, I felt such a rush of emotions and I got such a high from it. I called my husband and I was like, 'I think I'm in the wrong field. I think my calling is to become a midwife.' I just felt so fulfilled in that moment. Maybe I am doing the wrong thing, but who knows? Maybe I'll be an acting midwife."

For now, at least, it's the acting part that's coming first: Season Two of Fairly Legal, in which Shahi plays Kate Reed, a San Francisco lawyer-turned-mediator, is in full swing.

The actress dished to us about the challenges Kate faces in the second season — including a love triangle that even she admits she doesn't know the outcome of.

"We're gonna take all of Kate's security blankets away," she says. "We're gonna make her uncomfortable this year. She's gonna be homeless. We're gonna take [her ex] Justin away and then we're gonna introduce a new guy who Kate would rather have surgery in her eye than be with, and then she's gonna end up falling in love with him."

The show will also welcome guest star Meat Loaf ("He likes to be called Meat," she says) as a union worker heading up a strike.



Sarah Shahi says playing the role of a strong, feminine lead on prime time "is just wonderful." HANDOUT

"He was very nice. He said that he watched Season One and I was a big reason why he came on-board for the show. He liked me and wanted to work with me. It was pretty surreal."

## It's all about character

Shahi tells us she shares more than looks with Kate.

- "We're both very feisty, loud and outspoken, and like to drink and flirt. But she has this quality about her that is very childish, and she can rub a lot of people the wrong way. She doesn't really realize her unstructured behavior doesn't really work in a very structured world. [And even] the best intentions create consequences, so she can be selfish in that respect. But that's also part of why I like her so much — her flaws. She's one of the most honest characters I've ever played. You want to kiss her one minute and then punch her the next."



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DVD reviews



**Mission: Impossible - Ghost Protocol**

**Director.** Brad Bird

**Stars.** Tom Cruise, Jeremy Renner, Simon Pegg

Ghost Protocol is the fourth movie adaption of the 1960s Mission: Impossible TV series. But it doesn't feel like it. Tom Cruise stars again as Ethan Hunt, yet something has changed for the better. Instead of the convoluted dramas of impossible missions past, this is more of a convoluted comedy. Brad Bird, who directed The Incredibles for the Pixar 'toon factory, brings an antic, superhero sensibility to his first live-action directing assignment, making Ghost Protocol feel like a series reboot.

PETER HOWELL



**Shame**

**Director.** Steve McQueen

**Stars.** Michael Fassbender, Carey Mulligan

Shame is anything but romantic. Brandon (Michael Fassbender) is obsessed with sex. Perpetually aroused, he seeks constant release through sexual activity of all kinds — one-night stands, hookers, Internet porn — but he is never fulfilled. He yearns for genuine human contact, but is apparently incapable of it. McQueen's powerful sophomore work, which he co-wrote with Abi Morgan (The Iron Lady), is not just about sex. It packs a subtle message about the fraying of human connections in the modern world. PETER HOWELL

# The horror, The Horrors

**Future sounds.** The Horrors channel the original spirit of punk by shying away from music movements and carving out their own sound

**CHRIS LEO PALERMINO**  
Metro World News in Boston

When referring to The Horrors, don't use words like "post-punk" or "revival." Rhys Webb, bassist for the U.K. band, emphasizes that they're trying to make music with the original spirit of punk.

But even that term might hold limitations.

"As far as we're concerned, we just want to make music for the future," says Webb. "We want to make music that people haven't heard before."

Their third album, Sky-ing, which hit No. 5 on the U.K. charts last year, embodies the punk aesthetic and musically runs the gamut from psychedelia to no-wave.

"We've just wanted to



The Horrors are already a household name in the U.K. GETTY IMAGES

make it trashy. We wanted to play garish music like [the original] punks saw," says Webb.

Starting in the midst of a scene typified by Joy Division- and Gang Of Four-inspired post-punk, The Horrors strove to make their own footprint.

"Our own connection is

that we had nothing to do with it," says Webb of the London scene, "but we were part of it because we didn't like what we were hearing. The whole thing has been a constant organic progression."

Since their beginnings in the underground, The Horrors have become a house-

Modesty

**This band stays grounded**

While the band has grown in popularity regardless of their attitude, they haven't changed their priorities. "We're not a band thinking that we're big; it's never really something that we enter in our mind," says Webb. "The great thing about this band is that the people that come out and see us really love us," he adds.

hold name in their homeland, developing their sound and playing elite festivals in the U.K.

"But, we don't make pop music for other people to enjoy it," insists Webb.

"Our approach is not different than other bands playing to 50 fans once a month: Basically we try and do the things that make us an underground band."

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## How to not forget Michelle Williams

Jason Segel is lobbying hard for the title of Most Adorable Boyfriend, as the *How I Met Your Mother* actor apparently tapes photos of girlfriend Michelle Williams to the back of his iPhone case, according to the *Daily Mail*.

Segel was spotted carrying the personalized phone in L.A. this weekend. A photo alone would be sweet, sure, but Segel also has the phrase "I love you" scribbled over and over again around the pictures. "They're much more serious than everyone thinks," a source says. "They're really happy."



## Who's that Efron in the mirror?

Zac Efron admits that after packing on 18 pounds of muscle to play a Marine in *The Lucky One*, he didn't know who was staring back at him from the mirror.

"By the end of the movie I didn't recognize myself," Efron tells *Men's Health*. "You hear about guys like Christian Bale who dive into it and are really able to transform. I've always wondered if I had the willpower to actually do it. And I'll always have pride around the sense that I can."

Efron, who's back to his slimmer 145 pounds, says his secret is a healthier-than-normal work ethic. "I could pick up almost anything. If you put it in front



Zac Efron

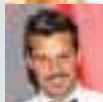
of me, I could always find a way to tackle it," he says. "I was never a natural at anything, but I could always outwork everybody."

### Twitter



@ParisHilton

DJ's are the New Rock Stars!



@ricky\_martin

today I'm happy but with the kind of happiness that makes you wanna sleep naked. So 2nite.... naked will B! gd nite everyone ZZzzz



@SarahSilverman

What if we definitively found out there's no God or Allah or anything? Would there be more killing or less? Discuss



@SethMacFarlane

You guys know who Cecil B. DeMille was? No? Okay, that's okay, I've got a tweet about him but never mind.

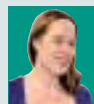
## METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Pippa get your gun?



THE WORD

Dorothy Robinson  
scene@metronews.ca

Pippa Middleton could face prosecution for her involvement in an incident in which a male friend brandished a semiautomatic handgun at a photographer in Paris, according to the Sun.

A photo taken by the paparazzo shows Middleton — the sister-in-law of Prince William — grinning in the passenger seat of a convertible as the driver aims the firearm at the camera.

Paris police officials

are expected to launch an investigation. "If the evidence points to her involvement, she will be prosecuted."

Anybody involved in the illegal use of a handgun in public is liable to arrest and interrogation," a source says, adding that if the gun proves to be real, brandishing it in a public place is punishable by up to seven years in prison "for all parties involved" (including Middleton's friend, fashion mogul Arthur de Soultrait, who was in the backseat of the car). If it was a fake gun, the maximum sentence is two years.

Wait. You can get two years in prison for showing off a fake gun in France?

And here I thought their attitudes towards fat people were harsh.



Brad Pitt and Angelina Jolie ALL PHOTOS GETTY IMAGES

## After delaying marriage in defiance of Prop 8, is Brangelina giving up?

Angelina Jolie and Brad Pitt are now engaged to be married, but what about their earlier claims that they would not tie the knot until everyone in the U.S. — including gays and lesbians — had the same right? Looks like they got tired of waiting. But Rebekah Orr of Equality California still supports the famous couple. "Marriage is something that says, 'We're

a family' in a way that nothing else can," she tells TMZ. "No one has to deny that for themselves or their family to prove they are an ally and supporter of equality." Besides, Jolie and Pitt have already showed their support several times over, contributing more than \$1 million to the fight against California's Proposition 8, which outlawed same-sex marriage in the state.



Cory Monteith and Lea Michele



## Stars gleefully in love at Coachella

Glee co-stars Lea Michele and Cory Monteith took their real life romance to the Coachella music festival this weekend, according to *Us Weekly*.

Montheith arrived after Michele at a VIP pool party — but reportedly made up for his tardiness with some public displays of affection. "He tapped her on the shoulder and she was so excited to see him, she threw her arms around him and they hugged and kissed on the lips," a source reports, adding that

the couple then retreated to a private cabana.

"Their arms were constantly around each other and they were talking very close. They definitely looked like a couple with how affectionate they were being in public."

Michele wasn't shy about her excitement online, either: "I just saw a really hot 6-foot-3 Canadian with a tribal arm band hanging by the pool," she posted to Twitter when he arrived. "So happy."

# Take the bad habits challenge

**Do you work out or opt to sleep in?**  
Charles Duhigg, author of *The Power of Habit*, puts you to the test

ROMINA  
MCGUINNNESS  
Metro World News

## 1. When you feel an urge to eat a cookie, you:

- A. Ignore it and power through the task at hand.
- B. Tell yourself that if you can answer the emails in your inbox, you can get a chocolate chip treat.
- C. Start looking for an excuse to go to the cafeteria.
- D. Run to the cookie tray in the break room.

## 2. When you see a donut box sitting on a counter, you:

- A. Engage in a stoic mantra of self-denial. ("I am stronger than the donuts. I am stronger than the donuts.")
- B. Distract yourself by thinking of how great you'll look on the beach if you skip it.
- C. Start craving a jelly-filled treat, even if you just ate a big breakfast.
- D. Excuse me while I wipe this powdered sugar off my chin.

## 3. Every morning you:

- A. Go for a run, no matter the weather. Once, you ran through three feet of snow. And a hurricane.
- B. Eat something healthy and, if you have some extra time, stretch or exercise.
- C. Glance longingly at your workout clothes, and then eat a waffle in front of the television.
- D. Morning? I haven't been



Take the quiz and then get out there and break those bad habits. ISTOCK PHOTOS

awake during the morning in years.

## 4. When you want to create a new habit, you:

- A. Program your mind circuitry with a new algorithm.
- B. Figure out a cue to trigger a new behavior, and a reward to give yourself afterwards.
- C. Write a note that says, "Remember your new habit!" and tape it on the mirror.
- D. Decide that a new habit sounds like too much work.

## 5. To start training for a triathlon, you:

- A. Cut back on your daily runs — you're already prepared for the Ironman. And a normal triathlon is child's play.
- B. Come up with a training plan and figure out why you're likely to miss training sessions — and what you will do when you encounter

those 'inflection points' that interfere with your plans.

- C. Tell your sister you have signed up for a triathlon, and then forget to train.
- D. Sell your entry on eBay.

## 6. When you are sitting at a restaurant eyeing the basket of dinner rolls, you:

- A. Ignore it effortlessly. You haven't eaten a single carb in 12 years.
- B. Put the rolls out of your line of sight, so they won't tempt you.
- C. Pour salt all over the rolls, and then pepper.
- D. Eat all the rolls you can stuff into your mouth, and then put the extras in your pockets.

## 7. If you are worried that you are drinking too much, you:

- A. Never have another alcoholic beverage as long as you live.
- B. Try to figure out why you are having a glass of wine

writer Lisa Bendall looked into what sounds like a truly promising remedy for hangovers — just in case there's a chance you may experience one in future.

In fact, researchers at the University of California, L.A., have isolated a plant extract that not only may help hangovers, but could cure alcoholism.

The compound is from the fruit of *hovenia dulcis*, a tree native to Asia.

It's been used as flavouring in Chinese cooking for hundreds of years. In the researchers' animal experiments, the compound (called DHM) appeared to

prevent alcohol dependence and withdrawal symptoms, along with easing hangovers. DHM binds to special brain cell receptors, preventing alcohol from acting on these receptors. Unlike current pharmaceutical treatments, there are no side effects, say researchers. DHM increases the activity of enzymes that metabolize alcohol, helping the body eliminate it faster and lessening the effects on the liver and other systems.

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## Scoring key

Give yourself 1 point for every "A", 2 points for every "B", 3 points for every "C" and 4 points for every "D"

- **8 points:** You are a cyborg. Don't worry about your habits — everything depends upon your programming. Your chiseled abs are the envy of everyone else.
- **9 to 16 points:** Congratulations! You understand that habits can be designed and changed. You have spent time learning that every habit has a cue and a reward — and that if you choose the correct cue, and deliver the right reward, you can remake any pattern.
- **17 to 24 points:** You have learned to control some of your habits, but not all of them. The key is to diagnose your cues and rewards, and remake the patterns in your life.
- **25 to 32 points:** Don't worry, bro. Just keep playing video games. Jobs are overrated. Besides, why would you ever want to move out of your parents' house?



every night. Because you have trouble relaxing? Because it helps cap the day? And then, find something else that provides you with the same reward, but doesn't include as much alcohol.

## 8. After having a child, your top priority is:

- A. How many gold medals will my child win? If it is less than 10, I will consider myself a failure.
- B. Teaching them willpower habits, like making their bed each morning, which will eventually help them do their homework on time.
- C. Doing everything I can to model healthy and happy habits in my marriage and life.
- D. Disproving paternity.

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# 3 LIFE

## Health minute

## Big breasts at risk

Women aged 50 and over with dense breasts (high percentage of dense tissue) have a higher risk of breast cancer recurrence than women with less dense breasts. Researchers at the Karolinska Institute in Sweden believe that the extra tissue means more cells, and more cells lead to an increased risk of developing cancer. METRO WORLD NEWS

## Health minute

## Green coffee beans

Scientists are suggesting that green (unroasted) coffee beans can help with rapid weight loss. Expect a new blend to hit the shelves, stocked in the diet, not the tea and coffee aisle. METRO WORLD NEWS

## On the web



Antibiotic-resistant bacteria found in ancient cave could be source of new drugs

## Really? A hangover cure that works



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

In each issue of Best Health magazine, we look at the latest research to help Canadian women feel great and live better.

In the May issue, on newsstands now, freelance

# Fill your stomach & shopping basket with tasty eats at Laziz



A beef shawarma from Laziz. PAUL MITCHELL



**LUNCH RUSH**  
Paul Mitchell  
life@metronews.ca

Part grocery, part deli, part restaurant, Laziz is not your typical lunch spot but fills stomachs and shopping bas-

kets with delectable eats.

Even from the outside, it is an eclectic mix of Middle Eastern offerings. Its spotlessly clean building is divided with a pizzeria/bakery on one half and a Halal meat counter/grill on the other. I find it initially challenging to see the restaurant past the

imported dry goods displays.

I order a beef shawarma combo (\$6.99) instead of the immense 8-oz burger (\$6.99) and the cooking from scratch gives me time to munch on unbelievably delicious pita chips (\$2.79) and hummus (\$3.49).

Within soft, warm pita

is succulently charred meat and fresh tomato dripping with tangy garlic sauce. The sandwich is tasty and messy. Hand-cut fries contribute to the substantially large meal.

For those looking to pick up steaks along with a satisfying lunch, Laziz is certainly worth exploring.

## Visiting the restaurant

**Laziz Meats Charcoal Broiler Eat-In**

**Address.** 1770 Earnest Ave.

**Phone.** 519-685-3625

**Website.** lazizmeats.com

**Rating.** 4/5

**Price range.** \$4.49 - \$6.99

**Client negotiations.** No

**Lunch with co-workers.** No

**Social lunch.** Yes

## Mashed Carrots. This colourful side dish is a great addition to dinner



1. In a saucepan over high heat, bring 2.5 cm (1 inch) of water to a boil. Add carrots; cover and reduce heat to simmer. Cook for 10 to 15 minutes or until carrots are very tender. Use a slotted spoon to transfer carrots to a food processor.

2. Add butter, milk and cumin, then process for about 2 minutes or until very smooth, scraping down sides a few times while processing. Season with salt and pepper to taste.

**THE ASSOCIATED PRESS / ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA**

## Ingredients

- 1.5 kg (3 lb) carrots, peeled and cut into chunks
- 60 ml (4 tbsp or 1/2 stick) butter
- 125 ml (1/2 cup) milk
- 5 ml (1 tsp) ground cumin
- Salt and ground black pepper

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## Where's the beef? Not in this chunky chili



This recipe makes six servings. THE CANADIAN PRESS H/O

This chunky turkey chili may be made with turkey thighs or ground turkey.

Serve it topped with shredded cheese and corn tortillas, if desired. You can also serve it over baked potatoes.

1. Place turkey thighs in a large saucepan and cover with cold water. Bring to a boil over high heat; cover and simmer for 20 to 25

minutes, or until juices run clear when turkey is pierced. Remove to plate and let cool. Remove skin and bones; chop and set aside.

2. In a Dutch oven, heat oil over medium heat. Add onions and carrots; cook for 7 minutes, stirring occasionally. Stir in garlic and jalapeno pepper; cook for 1 minute. Stir in tomato paste. Stir in turkey, tomatoes with juice,

## Ingredients

- 1 kg (2 lb) turkey thighs, skin on, bone in or 625 g (1 1/4 lb) ground turkey
- 30 ml (2 tbsp) vegetable oil
- 375 ml (1 1/2 cups) chopped onions
- 250 ml (1 cup) finely diced carrots
- 1 large clove garlic, minced
- 15 ml (1 tbsp) minced seeded jalapeno pepper
- 1 can (156 ml/5 1/2 oz) tomato paste
- 1 can (796 ml/28 oz) diced tomatoes
- 2 cans (each 540 ml/19 oz) bean medley or mixed beans, drained and rinsed
- 175 ml (3/4 cup) chicken broth or water
- 30 ml (2 tbsp) chili powder
- 15 ml (1 tbsp) dried oregano
- 5 ml (1 tsp) ground cumin

beans, broth, chili powder, oregano and cumin; bring to a boil, stirring often. Reduce heat; cover and simmer for about 20 minutes. **THE CANADIAN PRESS/ FOODLAND ONTARIO/ ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA**

## Crossword

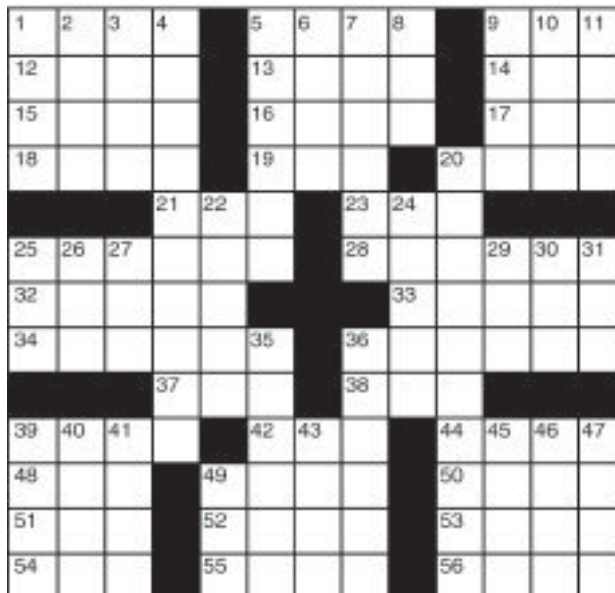
### Across

- 1 Tobacco plug
- 5 Pumps up the volume
- 9 DIY buy
- 12 Stereo hookup
- 13 Gambling game
- 14 Account acronym
- 15 Astronaut Shepard
- 16 Dingy
- 17 Victory
- 18 "L'Etoile du —" (Minne-sota motto)
- 19 Attention getter
- 20 Carlton of baseball
- 21 Afternoon affair
- 23 Ostrich's cousin
- 25 Investor's hope
- 28 Arouse bitterness
- 32 Expiate
- 33 Norma Rae's group
- 34 From that place
- 36 Boulevard
- 37 Greek H
- 38 Moray
- 39 Earth
- 42 Paving material
- 44 Food starch, for short
- 48 Possess
- 49 Grand-scale
- 50 Pavarotti offering
- 51 3 on the phone
- 52 Part of Q.E.D.

- 53 Benevolent
- 54 Big bother
- 55 Phoenician port city
- 56 Advantage

### Down

- 1 Earl Derr Biggers sleuth
- 2 Hawaiian city
- 3 Distant
- 4 Air-flow channel
- 5 Hound type
- 6 Stallion's companion
- 7 Orison
- 8 Sauce source
- 9 Fuzzy fruit
- 10 Eye part
- 11 Cistern
- 20 Batter treat
- 22 Upright
- 24 Shade of purple
- 25 Snitch
- 26 Biblical verb suffix
- 27 Pirouette pivot
- 29 Reunion group
- 30 Costello or Ferrigno
- 31 Away from WSW
- 35 Diner
- 36 Make bubbly
- 39 Six-pack, often
- 40 Yet to be paid



- 41 Data
- 43 Culture medium
- 45 Saharan

- 46 Pugilism venue
- 47 Commanded
- 49 Encountered

## Sudoku



### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Yesterday's Sudoku

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 7 | 6 | 9 | 3 | 1 | 4 | 8 | 5 | 2 |
| 3 | 1 | 2 | 9 | 5 | 8 | 7 | 4 | 6 |
| 8 | 5 | 4 | 2 | 6 | 7 | 1 | 9 | 3 |
| 6 | 2 | 8 | 1 | 7 | 9 | 3 | 4 | 5 |
| 1 | 4 | 6 | 5 | 3 | 9 | 2 | 8 | 7 |
| 9 | 7 | 3 | 8 | 4 | 2 | 6 | 1 | 5 |
| 2 | 3 | 5 | 7 | 9 | 1 | 4 | 6 | 8 |
| 4 | 8 | 1 | 6 | 2 | 3 | 5 | 7 | 9 |
| 6 | 9 | 7 | 4 | 5 | 3 | 2 | 1 | 8 |

### Yesterday's Crossword



### Cryptoquip

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This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

XSI ZWMBJ MX IKMBK ZDEP  
BDNR YUJS U OSHUIUC  
HKPDEOK U ZMPSLWUBS  
ZPUYS: "HKS OPUHS SRBULS."  
Yesterday's Cryptoquip: MUSICAL MARCH THAT  
COMMEMORATES SAILORS AND FOODSTUFF  
FROM SHEEP: "TARS AND TRIPES FOREVER."  
Today's Cryptoquip Clue: K equals H



For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)



## Horoscope

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SALLY BROMPTON



## Caption Contest

"Whoa i gotta get my eyes checked! There's no way i should have missed that one!"

Brian

GREGORY BULL/THE ASSOCIATED PRESS

### Win!



### You write it!

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

metro

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# Five reasons to feel good about filing your return to Revenue Canada

**Tax time.** Things to keep in mind that make parting with your money less painful



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

My tax return is finished

and I'm happy about that.

But I'm going to pay more income tax than expected. I'm not at all happy about that.

Nor does it please me that I still have to work until ear-

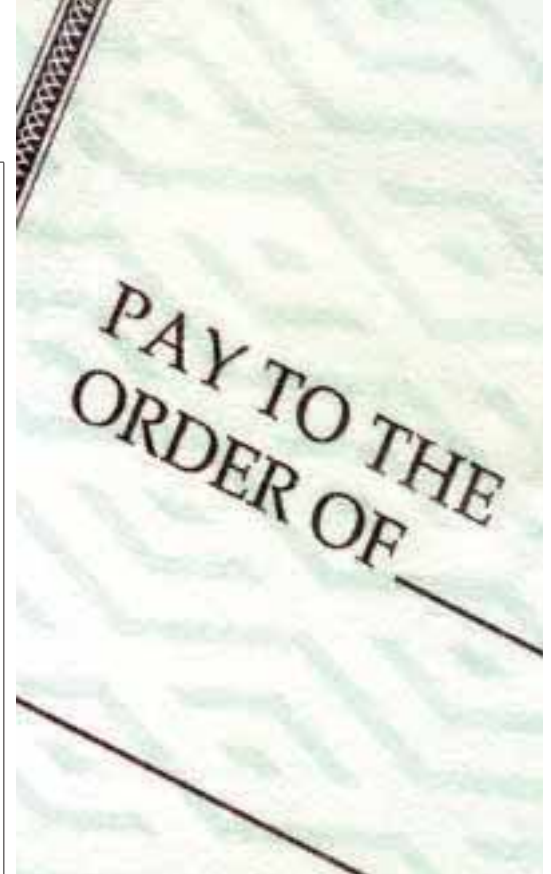
ly June before Tax Freedom Day, after which the money I earn goes to me, rather than the government.

After stamping my feet for a bit, I reminded myself that taxes are the cost of



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## Alison's rule

**"We all hate to pay taxes, but we'd all hate to live in a country where they don't exist."**

having a civilized society. So I came up with five reasons to feel good about the government bite.

1. Unless you are Mitt Romney, it means you have a paying job! And that's nothing to sneeze at these days.

2. You're getting something in return. I like Americans and own a home in Florida, but an appalling number of my U.S. friends have an aggressive me-first attitude. They seem to think that society will simply run itself without taxes and government.

3. I'm helping care for those who need help. We are our brothers' and sisters' keepers. Canada still has a social and medical services safety net and, though not perfect, it's a lot better than nothing. Taxes make that possible.

4. When you pay more tax it means you are earning more money. A wise chartered accountant once said to me that it is better to earn more and pay more tax than be stuck at the bottom of the income ladder.

5. It's less than it used to be. Marginal tax rates for the middle-income crowd (\$42,000 to \$85,000) have dropped from 26 per cent in 1998 to 22 per cent in 2012.

Feel better now? There is, of course, much waste and inefficiencies at all levels of government.

We should not focus on slashing, spending and lowering taxes, which is our current government's obsession, but on using those tax dollars more wisely.

We are, in large part, a kind country, and tax is the price of keeping it that way.

## By the numbers

**20%**

The proportion of the average household's budget that goes to taxes (not including GST or HST).

Sports in pictures



**1 Soccer.**  
**1 Muamba**  
leaves hospital

Fabrice Muamba was discharged Monday from the hospital where the Bolton midfielder had been treated since collapsing from a cardiac arrest during a game March 17. **THE ASSOCIATED PRESS**

**2 NFL.** Peyton  
joins Broncos

Peyton Manning arrived Monday at the Denver Broncos headquarters for the start of off-season workouts. **THE ASSOCIATED PRESS**

**3 Tennis.**  
**3 Raonic**  
ousted in Monaco

A comeback fell short for Canadian Milos Raonic in a 6-2, 3-6, 6-3 loss to Spain's Albert Montanes at the Monte Carlo Masters Monday. **THE CANADIAN PRESS**

## Skiing. Vonn pays off \$1.7 million in back taxes

Olympic gold medallist Lindsey Vonn announced through her Facebook page that she has paid the more than \$1.7 million US she owed in back taxes.

According to public records obtained through the Elko County recorder's office in Nevada, the IRS hit the reigning overall World Cup champion and her estranged husband with a tax lien earlier this month. The Detroit News first reported on the tax lien.

Vonn wrote on Facebook that she's "disappointed with this situation" and has done "everything in my power to



Lindsay Vonn GETTY IMAGES

settle it immediately."

Her spokesman, Lewis Kay, confirmed Monday she has settled the tax issue.

**THE ASSOCIATED PRESS**

## NHL. Daniel Sedin back to practice with Canucks' season hanging in balance

Daniel Sedin is returning to practice with the Vancouver Canucks as they attempt to avoid a shocking playoff exit.

Sedin has been sidelined with an apparent concussion for 12 games, including the Canucks' three straight losses to the eighth-seeded Los Angeles Kings. The 30-goal scorer and former Hart Trophy finalist is flying to Los Angeles to join the Canucks at practice Tuesday before Game 4 against the Kings on Wednesday. Sedin has been out since taking an elbow to the

**Quoted**

"Daniel is continuing to follow protocol. He's been skating for a few days and has been cleared to practice."

Head coach Alain Vigneault via the Canucks' Twitter feed.

head from Chicago Blackhawks defenceman Duncan Keith. The NHL handed Keith a five-game suspension. **THE CANADIAN PRESS**

# Post-season emotions boiling over in Round 1

## NHL. League has hands full with fights and dirty play ruling in first round

Chaos came quickly to the NHL playoffs.

Not only did the first five days produce almost twice the number of game misconduct penalties as the entire post-season last year, it also resulted in a long queue of those waiting to speak with Brendan Shanahan, the league's dean of discipline.

The list of incidents included a sucker-punch, elbow to the head, cross-check to the face and plenty questionable hits.

Ex-NHLer Bobby Holik believes the heightened emotions of players has created an "explosive" atmosphere on the ice.

"Until somebody says 'This is not allowed,' they're going to keep pushing," Holik said Monday. "We did it and generations of players before us did it because that's how you think you're going to get the edge."

Shanahan sent a message Sunday in suspending Carl Hagelin three games for his elbow to Daniel Alfredsson, which prompted the Rangers to release a statement saying they were "perplexed by inconsistencies" in his rulings.

## Penguins repercussions

On Monday, Brendan Shanahan upheld a one-game suspension to Pittsburgh's Craig Adams for instigating a fight in the final minutes Sunday and fined coach Dan Bylsma \$10,000.

Presumably, the team was referencing Shanahan's decision to fine Nashville's Shea Weber \$2,500 US — the maximum allowed under the collective bargaining agreement — for smashing Red Wing Henrik Zetterberg's head into the boards in Game 1 of their series. Many have pointed to that as the moment when discipline started to go off the rails.

"I think that's probably a factor to a point — where you think you can get away with more because Shea Weber got away with more," said Kevin Weekes, a former NHLer who now works for CBC.

The numbers paint an interesting picture so far. Heading into play Monday, there had been 11 game misconducts assessed in 19 games — compared with only six during the entire post-season a year ago.

**THE CANADIAN PRESS**



Detroit's Todd Bertuzzi, left, fights Nashville's Shea Weber last Friday.

MARK HUMPHREY/THE ASSOCIATED PRESS



Ottawa's Chris Neil fights New York's Brian Boyle on Saturday.

BRUCE BENNETT/GETTY IMAGES



Philadelphia's Scott Hartnell and Pittsburgh's Craig Adams fight on Sunday.

TOM MIHALEK/THE ASSOCIATED PRESS

# 4 SPORTS

**Quoted**

"I don't know if he accepted my apology. It was sincere."

Red Sox manager Bobby Valentine who apologized on Monday for his comments about Boston third baseman Kevin Youkilis in an interview aired Sunday night on WHDH-TV. Valentine said he didn't think Youkilis was "as physically or emotionally into the game." Boston sits at 4-6 early in the season.

"I'm more confused than anything. Everybody knows I go out and play the game as hard as I can."

Kevin Youkilis on Monday.

**Figure skating**

## Coach parts ways with Chan

Canadian figure skating star Patrick Chan has lost a coach. American Christy Krall, widely credited with helping Chan acquire the quad jump that has propelled him to the top of the podium, has resigned citing a difference in coaching philosophies. "Things were switching inside the dynamics of my partnership with Patrick," Krall said. Krall said her role had diminished while Chan's other coach Kathy Johnson, a modern dance teacher, had assumed a larger role. **THE CANADIAN PRESS**

**On the web**



After an off-season of ownership turmoil, the Los Angeles Dodgers have managed to surge out of the gate to a 9-1 start. And NL MVP runner-up Matt Kemp says the Dodgers "can definitely get higher." Scan the code for the story.

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# Johnson swinging a hot bat for Blue Jays

**MLB.** Toronto's second baseman providing much-needed offence early in season

The fact that Kelly Johnson is one of a handful of Jays who are off to a good start offensively doesn't rank as a sizeable accomplishment.

For the Jays though, there is a certain sign of roster depth when Johnson and Edwin Encarnacion are the players who have carried the club through nearly two weeks of the season.

Johnson's contributions — he has already matched the three homers he totalled last year in 39 games with the Jays — certainly begin to make the club's decision to sign him to a one year deal and avoid arbitration a potentially flattering one.

Back in the first week of December, debate continued in Toronto and within the Jays management circles about the wisdom of returning Johnson to second base. The price and

the deal gave certainty at the position, but the club could have picked up a pair of supplemental draft picks had Johnson signed elsewhere.

That reward was the last opportunity to collect that level of bounty under the revised CBA. The Jays have already collected supplemental picks for John Rauch, Jose Molina, and Frank Francisco, but Johnson's free agency ranking provided the biggest haul at two picks.

Flash forward to the second weekend of the season and Johnson is more comfortable in his Jays skin than he was when Toronto acquired him from Arizona for the popular Aaron Hill and John MacDonald prior to the waiver deadline last August.

"It's early, and what I've been saying most of my career is wherever I fit in doesn't matter, as long as I do what I think I'm capable of," Johnson said. "I want to zero in and be a selective hitter, and be focused enough to not swing at a pitch if it's not my pitch."

Johnson might be seeing more pitches to hit, batting out

## Johnson's stats

- Among American League second basemen, Johnson is second in home runs, tied for third in RBIs (6), and first in base-on-balls percentage.
- Johnson and Edwin Encarnacion have now combined for about half of the Jays offense so far this season with six of the club's 11 home runs and 15 of its 31 RBIs.

of the second slot in the order.

"Hitting first or second suits me, maybe seeing more pitches or walks, but really, I try not to do anything other than what makes me successful," Johnson said. "Home runs for me don't happen because I feel good and then go out and try to swing harder. It's more mistake pitches that I drive ... I have the power to do that, but they come in streaks and bunches for me." **TORSTAR NEWS SERVICE**



Kelly Johnson hits a first inning home run against the Baltimore Orioles Saturday in Toronto. BRAD WHITE/GETTY IMAGES

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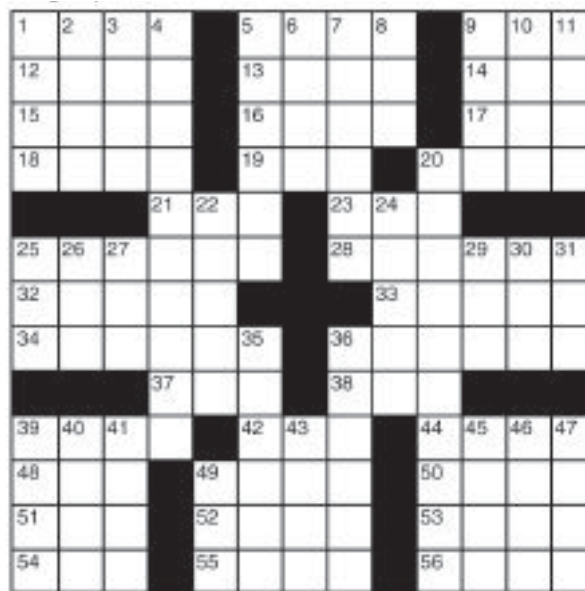
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- 56 Advantage

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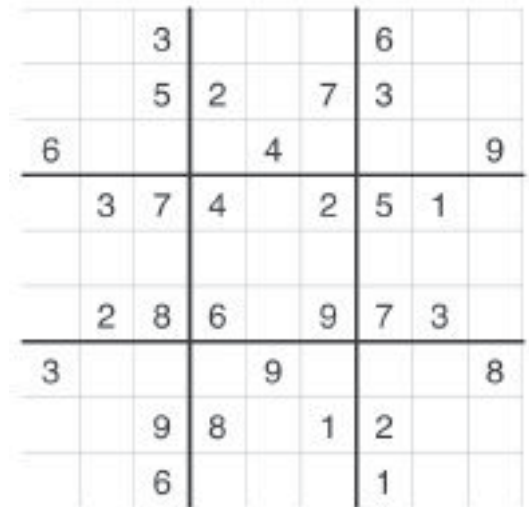
- 1 Earl Derr Biggers sleuth
- 2 Hawaiian city
- 3 Distant
- 4 Air-flow channel
- 5 Hound type
- 6 Stallion's companion
- 7 Orison
- 8 Sauce source
- 9 Fuzzy fruit
- 10 Eye part
- 11 Cistern
- 20 Batter treat
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| 6 | 9 | 7 | 4 | 8 | 5 | 3 | 2 | 1 |

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### Cryptoquip

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XSI ZWMBJ MX IKMBK ZDEP  
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Today's Cryptoquip Clue: K equals H



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You favor routines and methods you feel comfortable with but you will need to be a bit more adventurous over the next few days.

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This should be a really fun time for you, especially if you are ready to take a few risks in your private life.

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No one works harder than you, but are you working for yourself or are you working for other people?

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You enjoy taking risks, it gives you a buzz, and with mind planet Mercury moving in your favor today you will be looking round for new ways to push the envelope.

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You need to be a bit more assertive when dealing with family issues and financial matters.

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If you see an opportunity today you must seize it immediately.

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You're in a dynamic mood at the moment and you really don't care whose toes you tread on.

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Something unexpected will happen today, something you did not plan for.

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Don't let anyone persuade you to abandon the path you have chosen to take.

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You are very much on the ball at the moment and determined to make every minute count.

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## Caption Contest

"Whoa i gotta get my eyes checked! There's no way i should have missed that one!"

Brian

GREGORY BULL/THE ASSOCIATED PRESS

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### You write it!

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4-YEAR DEGREES THAT  
ARE BUILT FOR BUSINESS.

Accounting

e-Business Marketing

Fashion Management

Human Resources Management

International Business

Tourism Management

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more

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